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FOR IMMEDIATE RELEASE  
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Contact: Dan Avera, REHS  
Chief of Environmental Health

Extreme Heat Advisory

San Bernardino County Public Health is issuing an “Extreme Heat Advisory” due to the National Weather Service’s forecast that hot weather will continue to affect much of southwestern California today through Wednesday. Temperatures are expected to reach the triple digits in the Inland Empire, mountains and deserts.

Public Health officials recommend several ways to manage the heat:

- Increase fluid intake, regardless of activity level. Drink water often and don’t wait until you are thirsty.
- Wear lightweight, light-colored, loose-fitting clothing.
- During peak hours stay in air conditioned areas. If your home does not have air conditioning, go to the shopping mall or public library, or take in a movie.
- Avoid unnecessary sun exposure. If you must be in the sun, protect yourself by wearing a wide-brimmed hat along with sunglasses.

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- Avoid hot food and heavy meals—they add heat to your body.
- Do not leave infants, children, or pets in a parked car.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check on Seniors or people whose immune and respiratory systems are not working properly, or who live alone. Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids. People who are ill with heart disease or high blood pressure may be affected by extreme heat.

Keep cool and use common sense. You may visit [www.bt.cdc.gov/disasters](http://www.bt.cdc.gov/disasters) for more information about heat-related illnesses.